

OTTAWA

metro®

NEWS
WORTH
SHARING.

A failure in the education system

Our curriculum has failed Métis, Inuit and First Nations youth, teachers say

PAGE 4

PACKED WITH PROTEIN

GRILLED TOFU WITH A MAPLE-SOY GLAZE WILL MAKE THE HERBIVORES HAPPY

PAGE 16



Hassle free luxury
urban living

without complications of ownership

411 North River Road • 613-741-4411

www.terracesgabrielle.com

www.globegeneral.ca

ottawa@globegeneral.ca



TG
TERRACES GABRIELLE
PREMIUM RENTAL
APARTMENTS

Come for a visit, you
will want to stay!

Ottawa nets \$37 million for transit system

Politics. Minister denies suggestions re-announcement tied to Ottawa South byelection



JOE LOFARO
joe.lofaro@metronews.ca

Ontario's transportation minister announced Monday that Ottawa's transit system is set to receive a nearly \$37-million boost from provincial gas-tax funding.

Glen Murray made the announcement inside the OC Transpo storage facility in Ottawa South — which, as it happens, was built with gas-tax funding. The Liberal minister downplayed suggestions that the location was politically motivated with an Aug. 1 byelection in the riding just weeks away.

In all, 96 municipalities provincially will get \$324 million for 2013-2014, with \$36.6 million going to Ottawa. The program, which started nine years ago, was made permanent in the 2013 Ontario budget.

"It really handcuffs future governments in meddling with that money," said

Quoted

"We'll get more (money) when ridership goes up and population goes up. So the formula makes sense as an incentive for us to actually make sure we get our ridership numbers up."

Mayor Jim Watson
on a formula using gas-tax revenues for transit funding

Mayor Jim Watson at the announcement. "We want to make sure that money stays for public transit and I'm pleased that the government has done that."

Two cents per litre of provincial gas-tax revenues goes toward the fund each year and municipalities decide how to spend the money. Watson said the allocation formula for Ottawa will remain relatively the same, with adjustments down the road for the LRT project.

"Over the course of the next couple of years, that formula will change a little bit as we put more towards light rail as light rail becomes obviously a bigger cost centre in the years to come," said the mayor. "We'll get more (money) when ridership goes up and population goes up. So the formula makes sense as an incentive for us to actually make sure we get our

ridership numbers up."

Getting there is half the battle. In a January quarterly performance report from OC Transpo, ridership fell 4.3 per cent from Jan. 1 and March 31 of this year.

Murray hailed Ottawa as "a real model in Canada" for mitigating traffic congestion with rapid-transit investments. The premise of the province's gas-tax program is that if public transit improves, greenhouse-gas emissions will decrease with fewer cars on the road.

Follow Joe Lofaro on
Twitter @giuseppelo

On the web

For more local
news go to
metronews.ca



OH, OTTAWA CITY HALL

Sandra Oh receives the Key to the City from Mayor Jim Watson in Ottawa on Monday. Oh, 41, was born and raised in Nepean and went on to become a movie and television star. She is best known for her role as Dr. Cristina Yang in the award-winning TV series Grey's Anatomy. MIKE CARROCCETTO/METRO

porter
flying refined

Cook up some big savings with Porter.

Gather round the campfire sale for a big helping of savings, with a side of savings. Toast up some tasty fares, to any one of Porter's great destinations. With these prices, you'll want to travel more. Just book by July 12.

BIG CAMPFIRE SALE

Flights from Ottawa. Book by July 12, 2013. Travel by December 15, 2013. Up to 21-day advance purchase may be required. One-way fares include all taxes, surcharges and mandatory fees.* Fares starting from:

HALIFAX 5 x daily \$158 Includes all taxes/fees	MONCTON 2 x daily \$163 Includes all taxes/fees	ST. JOHN'S 3 x daily \$226 Includes all taxes/fees	TORONTO 17 x daily \$117 Includes all taxes/fees	QUÉBEC CITY \$213 Includes all taxes/fees	SAULT STE. MARIE \$197 Includes all taxes/fees	SUDBURY \$190 Includes all taxes/fees	THUNDER BAY \$197 Includes all taxes/fees	TIMMINS \$197 Includes all taxes/fees
WINDSOR \$163 Includes all taxes/fees	BOSTON \$235 Includes all taxes/fees	CHICAGO \$266 Includes all taxes/fees	NEW YORK \$214 Includes all taxes/fees	WASHINGTON Dulles \$214 Includes all taxes/fees				

Book online or contact your travel agent.

flyporter.com

porter
Escapes

Limited availability. Vacation packages from Ottawa. Package prices are per person, based on double occupancy and include round-trip airfare, all taxes, surcharges and mandatory fees. For full package listings and availability, please visit our website.**

★★★★
\$605
NEW YORK
Nu Hotel
Standard
Dept. August 15, 16, 17,
18, 19, 20
Nights: 2

Fly to and from Newark Liberty.

★★★★
\$448
TORONTO
Westin Harbour Castle
Traditional Room
Dept. August 16, 17
Nights: 2

★★★★
\$475
HALIFAX
Radisson Suites
Queen Suite
Dept. September 11, 12
Nights: 2

★★★
\$632
BOSTON
Residence Inn by Marriott
Studio
Dept. August 10, 16
Nights: 2

Includes breakfast daily.

Book packages online, contact your travel agent or call 1-855-372-1100. TTY – Dial “711”.

porterescapes.com

Please ensure that all your own campfires are safe and that you have all required permits.

* Book by 11:59 pm Eastern Time July 12, 2013. Travel by December 15, 2013. Up to 21-day advance purchase may be required. Advertised fares are subject to availability and may not be available through the entire travel period. Full fare breakdown available for all itineraries on flyporter.com. Fares quoted are one-way outbound in Firm Class. Inbound fares may differ. New bookings only. Fares include all applicable government-imposed taxes and mandatory fees, which may amount to as much as \$150 one-way per passenger, depending on routing. Foreign taxes will fluctuate based on the prevailing exchange rate. Fees for optional services, such as itinerary changes, additional baggage, advance seat selection, or certain special service requests, may increase overall cost. Fares are non-refundable but itineraries may be changed for a fee of up to \$200 per person per direction, plus any fare differential. Other significant conditions (including a \$20 second-checked bag fee and charges for overweight and/or excess baggage) may change without notice and are not guaranteed until ticketed. Contact your travel agent or Porter Airlines for more information. In case of any discrepancy between advertised fares and the fares shown on the website at the time of booking, the latter shall prevail.

** All-in prices shown are per person in Canadian dollars, based on double occupancy in noted room category. Flights are round-trip via Porter Airlines. Packages include return airfare, all taxes, surcharges and mandatory fees. Airfare discount is already included in the advertised package price. Prices will vary for alternate flight times on advertised dates. Prices are for select departure dates and are accurate and subject to availability at advertising deadline, errors and omissions excepted, and subject to change. Transfers to and from airport to hotel are not included unless specified otherwise. New bookings only. Packages are subject to availability at time of booking and are subject to change without notice. Not valid on group bookings. For full terms and conditions refer to www.porterescapes.com. Ontario registration Number 84153 4506. Porter Escapes Inc is a TICO licensed company. TICO # 50019770. Billy Bishop Toronto City Airport, Toronto, ON, Canada M5V 1A1.

tico.ca
Travel Industry Council of Ontario

Telus current provider

City mobile-phone bill pegged at \$1.74M in 2012

The City of Ottawa's mobile phone bill topped \$1.74 million in 2012.

City employees use a total of 1,100 cellphones, 1,600 BlackBerrys and 674 "push-

to-talk" devices in addition to over 200 iPads.

The city is currently looking for a new cellphone provider. Telus has provided that service since 2009.

The massive three-year contract covers the supply and delivery of cellphones, the provision of airtime and data for the devices, and the ad hoc supply of wireless air cards. **METRO**

U of T professor

Former Wynne advisor charged with child porn

A former Ontario deputy education minister, who was also on Premier Kathleen Wynne's transition team, has been charged with child-pornography

offences.

Benjamin Levin, 61, of Toronto, is facing five charges, including two counts of distributing child pornography and one count of making child pornography.

Levin, who is also a professor at the University of Toronto, was arrested Monday after police executed a search warrant at his home.

THE CANADIAN PRESS

Western entrance

Work begins on Confederation Line tunnel

Preparatory work for the western tunnel entrance for Ottawa's Confederation Line has begun, bringing "intermittent and repetitive banging noises." **METRO**

Capital city barely passes with a C- grade on CTF report card

Big earners. Canadian Taxpayers' Federation thinks too much tied up in employee salaries



GRAHAM LANKTREE

graham.lanktree@metronews.ca

Mayor Jim Watson's move in early 2013 to keep his salary frozen at the same pay he took home in 2010 didn't spare the city a C- grade on the Canadian Taxpayers Federation's new Ontario Municipal Report Card Monday.

"There's more high-priced city bureaucrats walking around Ottawa than in any other municipality," said Candice Malcolm, CTF Ontario director for the Saskatchewan-based group dedicated to lower taxes. "Leadership does start at the top. I think the mayor's decision is a good example to set."

Nevertheless, at the beginning of the year, city councillors voted on a 1.93 per cent increase in their pay, bumping it up from \$92,219 to \$93,339 while the mayor's stayed frozen. Ottawa has 14.27 high-paid bureaucrats for every 10,000 residents, the report indicates, putting the city just behind Toronto for the most bureaucrats in a major Ontario

city.

"Ottawa has managed to keep its growth under control. It has failed, however, to rein in compensation for its top officials," wrote Malcolm in the report. "Where Ottawa did poorly is when we looked at Sunshine List salaries compared to population. For instance, why is Ottawa's city manager paid more than Toronto's, a city three times the size?"

City manager Kent Kirkpatrick, who takes home \$350,860, and Mayor Watson, who makes \$168,657, both made Ontario's annual Sunshine List in March, which tracks municipal employees who make more than \$100,000.

"Compensation costs are not solely based on the size of the city served," wrote Catherine Frederick, director of human resources, in an email statement responding to the discrepancy in city manager pay. "The City of Ottawa provides services ranging from snow removal to emergency response to residents living in an area greater than 4.4 times the size of the City of Toronto."

Frederick said attracting employees to the top posts in the city takes a "competitive salary and benefits package," and added that the city plans to cut 139 positions in 2013 and already dropped 55 full-time equivalent jobs in 2012.



Ottawa City Hall received a C- in the Canadian Taxpayers' Federation's annual Ontario Municipal Report Card. The anti-tax advocacy group cited high compensation costs as one of the chief reasons for the low score. **GRAHAM LANKTREE/METRO**

Stay classy, Ottawa, as Alfie heads to Motor City



Former Sens Captain Daniel Alfredsson
THE CANADIAN PRESS

Don't be angry.

That's the message Ottawa's mayor has for hockey fans who feel betrayed and heartbroken after they found out Friday Ottawa Senators captain Daniel Alfredsson is calling it quits with the team after 17 years.

The Gothenburg, Sweden, native will head to the Detroit Red Wings after signing a reported \$5.5-million contract.

"I'm in the camp firmly that we should respect the work that he's done," said Mayor Jim Watson Monday. "We shouldn't be angry. I know emotions come out of these things. He gave us 17 years of his best years in hockey."

Still, the news has left a bad taste in the mouths of Sens fans across the city who praised their beloved Alfie for his work

both on and off the ice.

But the mayor is moving on and wants to find a way to properly honour Alfredsson in the nation's capital.

"I have a couple of ideas, but we'll let the public have their say first and I think there's an opportunity for us to honour him in some way," said Watson. "What I'd like to do is honour him for not so much his hockey

skills but his community skills, and those were quite remarkable."

He commended Alfredsson for his contributions to the Royal Ottawa Mental Health Foundation, the Boys and Girls Club of Ottawa, the Ringside for Youth program, and his visits to the Children's Hospital of Eastern Ontario.

JOE LOFARO/METRO

Harper meets with could-be ministers ahead of shuffle

Musical-chairs time.

Vic Toews is latest of five ministers to announce departure

Most people head into Quebec's Gatineau Park in the summer to hike, go mountain biking or hit the water, but a handful of late have been popping in to interview for one of the most important jobs in the country.

Prospective and current cabinet ministers headed up leafy Meech Lake Road last week to meet with Stephen Harper at the prime minister's country home at Harrington Lake, northeast of Ottawa.

Harper has been holding the meetings to discuss his plan for an upcoming cabinet shuffle, say Conservative sources who spoke on condition of anonymity because they weren't authorized to discuss the matter.

The timing of the shuffle, which could come as early as Wednesday, remains murky.

But in a testament to the discretion both demanded by and afforded the boss, few details have surfaced about what politicians were told.

What is known is there are now five vacancies to fill — on Monday, Public Safety Minister Vic Toews was the latest to announce he is leaving his post. Toews is also quitting as an MP.

"I am leaving public life in order to focus on my family and to pursue opportunities in the private sector," Toews said in a statement on Monday.

"I leave with a store of many wonderful memories, lifelong friendships and a sense of having accomplished many of the things I set out to do when I first began my political journey."

Other departures include junior ministers Ted Menzies and Diane Ablonczy, Fisheries Minister Keith Ashfield, and Government Senate leader Marjory LeBreton. Because LeBreton's replacement will no longer be a member of cabinet, that means all five openings will come from the Commons.

THE CANADIAN PRESS



Public Safety Minister Vic Toews speaks at a press conference in Manitoba in May 2013. Toews announced he will be stepping down as minister and MP for Provencher, effective Tuesday. BERNICE PONTANILLA/METRO FILE

Schools fail Métis, aboriginal youth: Teachers

Our education system has failed Métis, Inuit and First Nations youth, educators said in Ottawa on Monday at the Canadian Teachers' Federation's annual conference as they puzzled out ways to help get it on track.

"We follow the curriculum in Quebec, but we tailor it to our needs," said Valerie Plain, a teacher at the Ottawa Valley's Kitigan Zibi Anishinabeg First Nation near Maniwaki, noting her students face chal-

lenges not just in content but also in funding.

"Students realize they have a continual struggle with funding requirements that are not equal to those in the provincial school system," she said.

Aboriginal students lag in literacy and high-school completion rates, added CTF president Paul Taillefer, citing recent studies in his opening address to nearly 200 teachers and educators from across Canada.

"Too few aboriginal teachers, and existing curricula and teaching methods do not sufficiently reflect aboriginal needs and values," he said.

Some of the solutions he hit on were to increase funding to those schools and hire more aboriginal teachers, but also to support aboriginal and non-aboriginal teachers in teaching First Nations content and perspectives.

"It's a lot better than it was when I went to school," said

Clément Chartier, president of the Métis National Council, pointing out that he is pleased with a new social-studies book that came out in Manitoba that looks at contemporary issues facing First Nations as well as their history.

Ontario's education system has done much to address the issue, too, wrote Gary Wheeler, a spokesperson for the province's Ministry of Education, citing several classes in grades 10 and 11 that focus on

Big gap

\$2K-3K

Schools on reserves receive \$2,000 to \$3,000 less in federal funding per student than off-reserve schools, according to CTF president Paul Taillefer.

aboriginal history in Canada.

"In these courses, students identify significant events and issues that have had an impact on aboriginal peoples and

their communities," Wheeler wrote.

Still, more needs to be done, Chartier said. "As groups like CTF get more involved, more and more will happen. The big problem is that the feds deny any responsibility or jurisdiction for the Métis," he said.

"That creates challenges for young Métis because they don't have the resources to attend post-secondary education." GRAHAM LANKTREE/METRO

14 criminal charges

Theft suspect charged

Police have charged an Ottawa man in connection with thefts from vehicles occurring in Stittsville and Kanata.

Joshua Moyyian, 21, was charged with 14 counts, including breach of probation, theft under \$5,000, credit-card theft and possession of stolen property.

JORDAN BROWN/FOR METRO

Keep safe and dry

High water levels prompt warnings, recommendations

The Ottawa Drowning Prevention Coalition has extended its swift-water warnings because of unusually high water levels.

The warning also urges people to be aware of slippery creek and river banks and to avoid rock-hopping.

Rocks near a stream may be slippery even if they are dry.

The coalition recommends that parents stay within arm's reach of their children at all times in or around water. They should also make sure that weak and non-swimmers wear a flotation device, take swimming lessons and enrol in CPR and first-aid courses.

JORDAN BROWN/FOR METRO

Wall collapse

Gatineau boy suffered head fracture: Police

Gatineau police are still investigating after a 10-year-old boy was killed after a stone support wall collapsed onto him at his home Saturday evening.

Const. Jean-Paul Lemay said the boy was with his 16-year-old sister and

father at the time of the incident.

Police were called to 163 Rue Saint Vallier near the intersection of Boulevard la Vérendrye and Rue des Cannes.

Lemay said the boy was getting soft drinks near the side of the house before the wall fell.

He suffered a head fracture.

Gatineau police are not releasing the boy's identity. JOE LOFARO/METRO

Peace Tower

Mosaika to our ears

The National Capital Commission will bring back Mosaika beginning Wednesday at 10 p.m. The bilingual "experience" projects lighting effects and animations with the Peace Tower and Centre Block as its backdrop. It will highlight milestone events in the country's history. METRO



A little doe in the Big Apple

This photo shows a newborn Southern pudu, native to Chile and Argentina, a member of the world's smallest deer species, that was born at the Queens Zoo last month in New York. The doe weighed 1 pound at birth.

JULIE LARSEN MAHER/WILDLIFE CONSERVATION SOCIETY/THE ASSOCIATED PRESS

5 rescued from tiger ambush

Trapped for 5 days.
One of six men fatally mauled after cub was accidentally captured

Rescuers on Monday reached five men trapped in trees by several Sumatran tigers for five days after the angry animals mauled a sixth man to death,

police said.

First Lt. Surya Purba said three tamers managed to drive the tigers away before the men who were in weak condition were evacuated from trees in the protected Mount Leuser National Park in Tamiang, an Aceh district neighbouring with North Sumatra province.

The men were looking for rare agarwood — used to make incense and perfume — and

Fighting for his life

"The branch broke, causing him to fall to the ground."

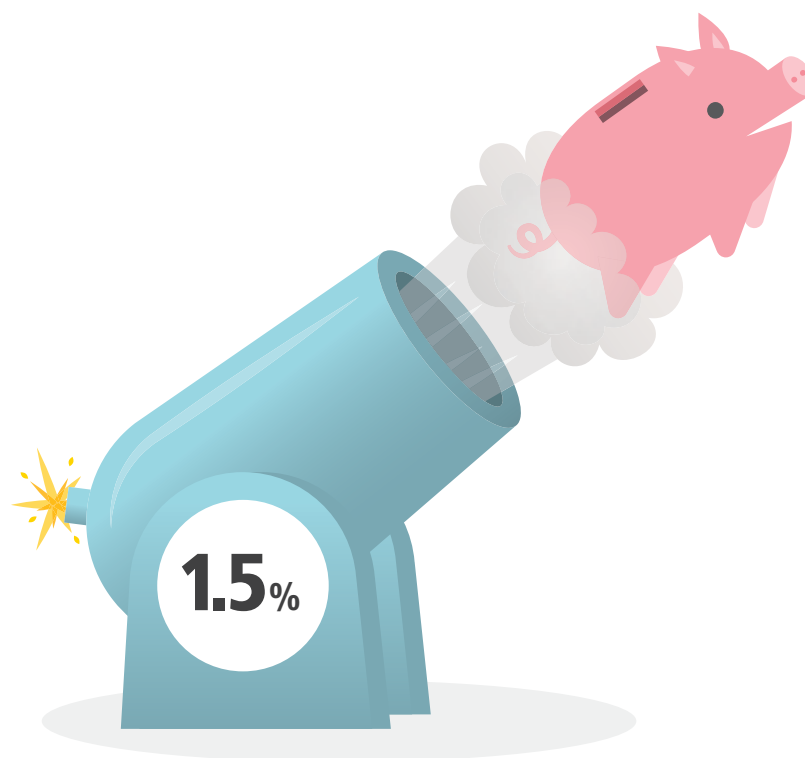
First Lt. Surya Purba, on a man who was mauled to death by tigers after managing to climb a tree

accidentally caught a tiger cub in a trap they were using to catch deer for food, said district

police chief Lt. Col. Dicky Sondani.

The incident caused five other tigers in the area to attack the men, Sondani said, citing reports from villagers who received mobile phone messages Thursday from the survivors. One of the men was mauled to death, while the five others managed to climb into trees.

THE ASSOCIATED PRESS



Watch your savings take off.

Now, for a limited time, you can earn 1.5%* on new deposits with a CIBC eAdvantage™ Savings Account when your account balance is \$5,000 or more. Plus, you'll always enjoy full access to your savings. So sign up today and take advantage of this great offer.

Talk to us today. At the branch | cibc.com/savings | 1 877 434-1909



*This is a combined bonus and regular annual interest rate paid on new deposits made to your CIBC eAdvantage™ Savings Account ("eSA") when the eSA account balance is \$5,000 or more. The bonus and/or regular rates may change at any time without prior notice. Ask a CIBC advisor for current rates. The regular interest rate is calculated on the full daily closing balance when the balance is \$5,000 or more. In addition, on days when the closing balance exceeds the closing balance recorded on July 2, 2013 (the difference between the two balances is a "new deposit"), the new deposit earns a bonus interest rate for that day. If your eSA balance is less than \$5,000 you will not earn regular interest; you will earn bonus interest. This bonus interest rate offer is for a limited time. Interest is calculated daily on each day's final balance and paid monthly. Other conditions apply. CIBC eAdvantage™ and "CIBC For what matters." are trademarks of CIBC.



Possible animal cruelty. Province, RCMP involved after GuZoo video leaked

Provincial government officials are "following up" on new photos and videos it became aware of Monday that are fueling criticism against Alberta's roadside GuZoo.

Carrie Sancartier, spokesperson for Alberta Sustainable Resource Development, said it's far too early to determine if the facility, which had its licence previously revoked in 2011 and then reinstated under strict guidelines, violated operating procedures.

"We are going to follow up and find out as much as we can about the video and go from there," Sancartier said.

Metro first reported Sunday on new footage and photos

from the controversial facility, which opened in 1990. It appeared to show filth in birdcages, maggots in food left in a cage with domestic cats and at least four animal carcasses stacked by other trash.

"Domestic terrorists is what they are," owner Lynn Gustafson said of the whistleblower who shot the video. "The government has six months to do something about this group ... or I will shut my gates to the public."

Three Hills RCMP received a complaint of trespassing at GuZoo Monday, confirmed Const. Rob Harms.

JEREMY NOLAN/METRO IN CALGARY, WITH FILES FROM THE CANADIAN PRESS

Windsor

Cops find 150 dead cats in apartment

A southern Ontario man has pleaded guilty to charges stemming from the discovery of 150 dead cats in his freezer and refrigerator.

Authorities say 155 dead felines and 49 living

ones were found in a one-bedroom apartment in downtown Windsor, Ont., last December following complaints about excessive cats.

The apartment was also littered with puddles of urine and feces while autopsies found the cats had been cannibalizing each other. THE ASSOCIATED PRESS

Asiana crash. Coroner to verify findings on whether girl was killed by fire truck

A coroner said Monday he would not report for "at least two or three weeks" whether one of the two Chinese girls who died in the Asiana Airlines plane crash in San Francisco was struck and killed by an emergency vehicle.

San Mateo County Coroner Robert Foucault said that while autopsies of the two teens have been completed, he wants to review information from the public safety agencies that responded to Saturday's crash and audio dispatch files before determining their causes of death.

"This is a very high-profile case and has obviously generated a lot of attention," Foucault said. "I want to make absolutely sure my conclusions are correct."

San Francisco fire officials acknowledged that one of their trucks may have struck one of the two girls, who



The two victims, Ye Mengyuan, left, and Wang Linjia, right, in an undated photo. THE ASSOCIATED PRESS

were the only fatalities.

Federal accident investigators have reviewed airport surveillance footage to see if it showed someone being struck by a fire truck on the runway and found "it wasn't conclusive," National Transportation Safety Board chairwoman Deborah Hersman said. THE ASSOCIATED PRESS

Egypt. Brotherhood calls for all-out rebellion after protest ends in 54 deaths

Egyptian soldiers and police clashed with Islamists protesting the military coup in bloodshed that left at least 51 protesters and three members of the security forces dead, officials and witnesses said.

The deaths plunged the country deeper into crisis, with calls by the Muslim Brotherhood's political party for all-out rebellion against the army.

The carnage outside the Republican Guard building in Cairo marked the single biggest death toll since massive protests forced President Mohammed Morsi's government from power.

Even before all the bodies were counted, there were conflicting accounts on how the violence began. The pro-Morsi protesters said the troops attacked without provocation just after their dawn prayers. The military said it came under a heavy assault, first by gunmen who killed an army officer and two policemen.

Witnesses from outside the protest camp said troops appeared to be moving to clear the days-old sit-in and were firing tear gas when gunfire erupted. More than 400 were wounded in the mayhem, officials said. THE ASSOCIATED PRESS

LEARN HOW TO START YOUR OWN BUSINESS!

Start It Up is an 8-week entrepreneurship training program for youth

- 01 Learn what it takes to be an entrepreneur
- 02 Develop a professional business plan
- 03 Learn public speaking skills
- 04 Meet successful entrepreneurs from your community

Are you... 14-19 years old? Living in a low-income neighbourhood?

Motivated, energetic and creative? Available to start Thursday, July 11th?

Call the Start It Up program: 613-820-4922

This project is funded in part by Ontario

Centre for Entrepreneurship
Pinecrest-Queensway
Community Health Centre

Players point fingers while town carries on

Lac-Mégantic disaster. Rail company and the fire service of a nearby town blame each other

The finger-pointing has begun in Quebec while investigators search for causes of a devastating train derailment that has triggered a still-rising death toll.

Statements from various players pointed Monday to a possible dispute about what happened and who's to blame.

The main antagonists are a rail company and the municipal fire department in a town near the ruined Lac-Mégantic.

The fire chief in Nantes, Que., said he can't believe a train was left running and unattended in the hours before the disaster, when it had already just been in flames.

Patrick Lambert said his team had been trained by the Montreal, Maine & Atlantic railway to handle fires on its line — and that it had fought four fires on the company's trains in the last eight years.

Firefighters intervened late Friday to put out the blaze in Nantes, about 10 kilometres up a slope from Lac-Mégantic.

Hours later, that same train rolled down into Lac-Mégantic, derailed and exploded, killing at least 13 people and leaving nearly 40 more missing.

Lambert said the engine was shut off as per standard procedure and the blaze was extinguished in under an hour.

"The people from MMA told us, 'That's great — the train is secure,'" Lambert told reporters. "We were given our leave."

The rail company tells the story differently.

Edward Burkhardt, the president and CEO of parent company Rail World Inc., suggested Monday that the fire crew didn't do enough — and



Raymond Lafontaine, who lost a son and two daughters-in-law, hugs Maud Verrault, who worked at the Music-Cafe Bar and lost friends and colleagues, at the Lac-Mégantic refugee centre on Monday. RYAN REMIOWZ/THE CANADIAN PRESS

that the decision to shut off the engine to put out the fire may have disabled the brakes.

"As the air pressure deflates, (the brakes) will become ineffective and an hour or so after the locomotive was shut down, the train rolled away," Burkhardt told the CBC on Monday.

While the fire service said it left the train in the care of a track-maintenance employee, Burkhardt said it's possible that person might not have known how to secure the breaks.

"When they get a call about a locomotive having a fire, why

did they not rouse the engineer (from bed) and take them out

there with them?" he asked.

THE CANADIAN PRESS

New reality in Lac-Mégantic

The town of Lac-Mégantic began its work week in anything but working order.

- **Ruin.** Dozens of businesses and homes were destroyed. A grocery store, a dollar store and a popular bar are gone. So is the municipal library. Other areas are off-limits.

- **Death.** The coroner's office asked relatives of people missing to provide DNA — like on a toothbrush — to help identify victims.

- **Sympathy.** From England, the Queen offered her condolences Monday for what she described as a shocking loss of life.

Effect on pipeline-vs.-rail debate

The deadly explosion highlights the risks that come from transporting oil, no matter the method.

Spills from rail cars occur more frequently than from pipelines, but tend to be smaller. And pipelines can be built to avoid population centres and fragile ecosystems, while trains travel routes where such concerns often were not weighed.

The Quebec disaster underscores a trend in which North America's oil is increasingly transported by train, as plans for new pipelines stall.

Since 2009, the number of train cars carrying crude oil hauled by major railroads has jumped nearly 20-fold.

Prime Minister Stephen Harper, who has been pushing the U.S. administration to approve the Keystone XL pipe-

line, has called railroad transit "far more environmentally challenging."

Fadel Gheit, an energy analyst at Oppenheimer & Co. Inc., said it would be a mistake to view the disaster as a boost for the Keystone project — and that Harper will need to persuade the Obama administration on the project's merits, rather than the dangers of rail. THE ASSOCIATED PRESS



Crews search through the rubble on Monday. RYAN REMIOWZ/THE CANADIAN PRESS



A woman had to use her window to get in and out of her car as Toronto's Lake Shore Boulevard West flooded during Monday's storm. THE CANADIAN PRESS

Storm makes for a nightmare commute in T.O.

City streets flooded. Severe thunderstorms cause blackouts, havoc on roads around Toronto

Heavy rains caused power outages across the Greater Toronto Area, including much of Mississauga, and caused a commuter nightmare Monday evening with parts of major highways flooded and subway stations closed.

Enersource said about 80 per cent of Mississauga, with a population of more than 700,000, was without power.

Toronto Hydro said 6,000 customers in west Toronto were without power, while 29,000 customers in Mark-

ham and Richmond Hill also lost their electricity, as did some in central Newmarket.

Environment Canada said total rainfall amounts could top 100 millimetres as the storm moved from Mississauga and Brampton eastward through Markham, Richmond Hill and Toronto.

The Don Valley Parkway was partly closed while provincial police warned drivers to steer clear of parts of Highways 427, 401 and 27, all due to flooding.

The Toronto Transit Commission stopped all subways due to signal and power issues throughout the city.

Drivers were advised to use caution as fast-moving water can flood roads and wash away vehicles.

THE CANADIAN PRESS/680 NEWS

Buckingham Playschool

Royal baby will have a cousin to play with

Buckingham Palace says Queen Elizabeth II's granddaughter Zara Phillips — the 14th in line to the British throne — and rugby star Mike Tindall are expecting their first child in the new year.

The 32-year-old Phillips, an Olympian, is the daughter of Princess Anne and Capt. Mark Phillips. The child will be Anne's third grandchild, as her son, Peter Phillips, has two daughters. THE CANADIAN PRESS

A true prince(ss)

Can Your Royal Highness say "da-da"?

The world may not yet know if Kate Middleton and Prince William are having a boy or a girl, but we at least know what the tyke's official title will be.

The newest member of the royal family, due this month, will be crowned His or Her Royal Highness the Prince or Princess of Cambridge, according to the Daily Mail. His parents are the Duke and Duchess of Cambridge.

METRO WORLD NEWS

Coal burning

Pollution linked to shorter life span in northern China

A new study links heavy air pollution from coal burning to shorter lives in northern China. Researchers estimate that the half-billion people alive there in the 1990s will live an average of 5 1/2 years less than their southern counterparts because they

breathed dirtier air.

China itself made the comparison possible: for decades, a now-discontinued government policy provided free coal for heating, but only in the colder north. Researchers found significant differences in both particle pollution of the air and life expectancy in the two regions, and said the results could be used to extrapolate the effects of such pollution on lifespans elsewhere in the world.

The study by researchers

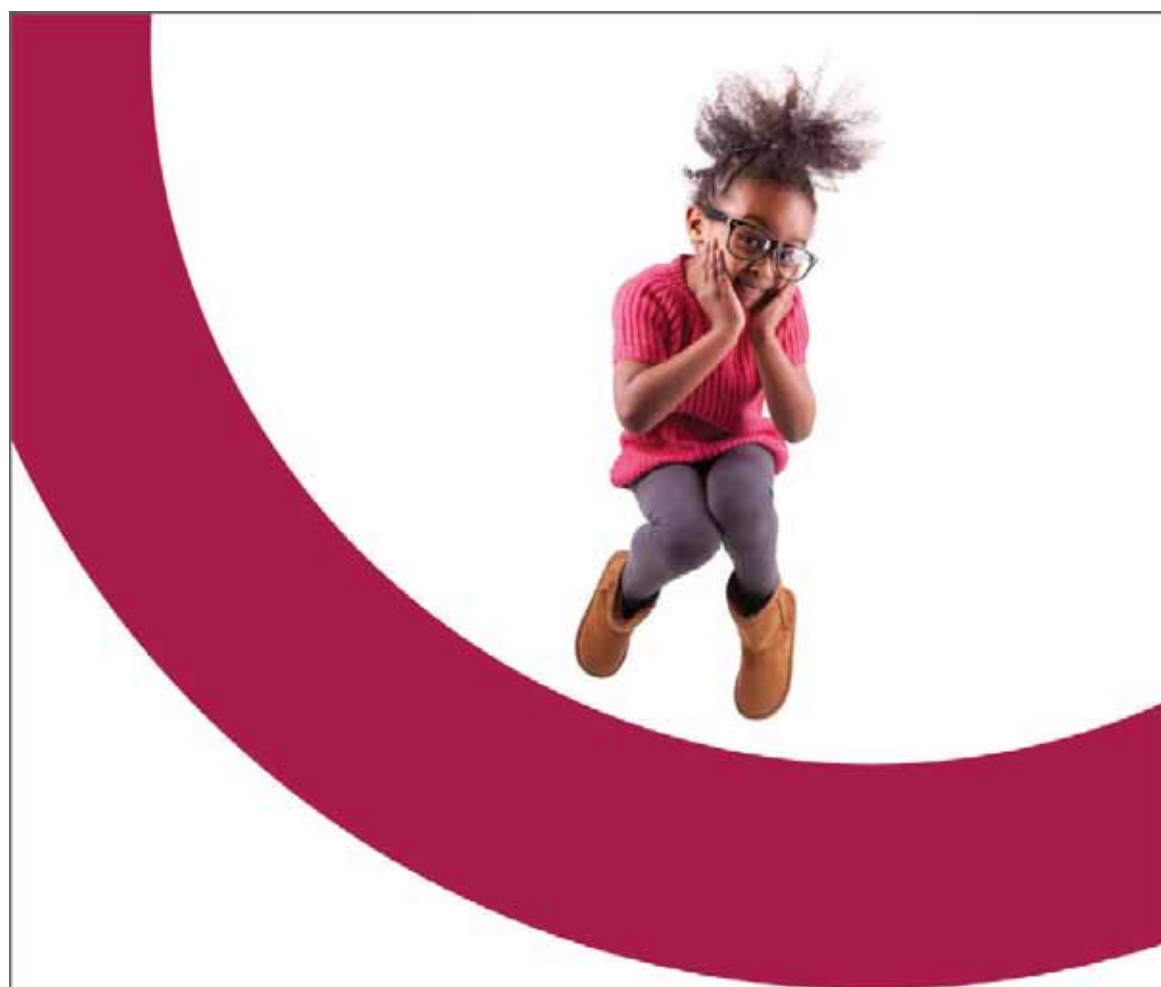
from China, Israel and the United States was published Tuesday in the Proceedings of the National Academy of Sciences.

While previous studies have found that pollution affects human health, "the deeper and ultimately more important question is the impact on life expectancy," said one of the authors, Michael Greenstone, a professor of environmental economics at Massachusetts Institute of Technology. THE ASSOCIATED PRESS



A woman wears a mask in Beijing.

GETTY IMAGES/FILE



"It's more than grades. I want her to be a good person."

Learn more about a values-based education.

ocsb.ca/InspiredEducation
613-224-2222



Mortgage rules

19% of first-time homebuyers have delayed purchase

A new Bank of Montreal study suggests roughly one in five potential first-time homebuyers have postponed their purchase since Ottawa tightened Canada's mortgage rules last year. Finance Minister Jim Flaherty's introduced his new lending rule a year ago Tuesday. Since then, 19 per cent of those polled by BMO say they have decided to wait longer to buy their first home. **THE CANADIAN PRESS**

Market Minute



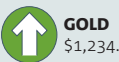
DOLLAR
94.70¢
(+0.07¢)



TSX
12,208.87 (+73.96)



OIL
\$103.14 US (-8¢)



GOLD
\$1,234.90 US (+\$22.20)

Natural gas: \$3.74 US (+12¢)
Dow Jones: 15,224.69 (+88.85)



Are the new Twinkies a bit too well-preserved?

Twinkies don't last forever, but they'll have more staying power than most people remember when they return to shelves next week. Hostess Brands LLC says the spongy yellow cakes will have a shelf life of 45 days when they start hitting stores again July 15. That's nearly three weeks longer than the 26 days that the old company — which went out of business last year — had stated as the shelf life for Twinkies. A spokeswoman for Hostess declined to say what changes were made to extend the shelf life, saying that it is proprietary information.

THE ASSOCIATED PRESS



Ad agency BBDO Germany is testing out a new way to market products to rail passengers. When someone's head touches a train window, it activates an ad that uses so-called bone-conducting technology — which makes it sound as if the commercial is playing in the passenger's head. **ISTOCK**

Marketers beam ads into rail commuters' heads

Germany. When a sleepy passenger leans his head against a window, an ad with bone-conducting technology is triggered

Quoted

"It's at the trial phase and the public reaction will decide if this takes off."

Ian Barber of the Advertising Association



KIERON MONKS
Metro World News

The European marketing world has a new trick that may prove difficult for people to escape — especially those who happen to nod off while on a train.

Ad agency BBDO Germany has been testing a system that transmits a message from the windows of train. Using so-called bone-conducting technology, the ad is activated when a commuter's head touches the glass and enters their inner ear, playing only for them.

"Passengers were pleasantly surprised," a spokesperson

told Metro, following trials on public transport in North Germany with an ad for Sky Media. "It can also be used for entertainment, weather updates and so on."

Similar bone-conducting technology is used in the forthcoming Google Glass device, and the model could become common if successful.

"It's at the trial phase and

the public reaction will decide if this takes off," Ian Barber of the Advertising Association told Metro. He added that "public space is the innovative sector" and near-field technology, facial recognition and augmented reality are all developing fast.

But reaction to the innovation has been mixed, with technology author Cory Doctorow describing it as "nightmarish," while comments below the video included promises to smash the glass.

BBDO claim the prototype has been successful but are waiting on customers before announcing a roll-out date.

Loonie rises amid strong housing data

The Canadian dollar closed higher Monday amid data showing surprising strength in the Canadian housing sector in May and a survey showing that Canadian companies remain cautious on investment and hiring.

The commodity-sensitive loonie also benefited from rising metal prices, and was up 0.07 of a cent to 94.7 cents US.

Statistics Canada reported that building permits worth \$7.3 billion were issued in May, up 4.5 per cent from April. Economists had expected a drop in the neighbourhood of 10 per cent.

The increase in May came mainly from the residential sector in Ontario and the non-residential sector in Quebec.

Meanwhile, the Bank of Canada's latest survey of business intentions suggests Canadian companies are uncertain about the pace of the economic recovery. And the survey of 100 firms indicates corporate Canada is pulling back on their investment plans and keeping hiring modest.

The Bank of Canada itself has called on business to invest more in order to be in position to take advantage of

Back to parity by late 2014?

- A new report from CIBC World Markets says the loonie should stay within a couple of cents of current levels for the rest of the year, then rebound to parity with the U.S. greenback by the end of 2014.

- "While normal volatility will no doubt see days

with the Canadian dollar a cent or two weaker than today's levels, we view the bout of Canadian dollar softness this year as an opportunity to buy it ahead of a likely appreciation in 2014," says CIBC chief economist Avery Shenfeld, who co-authored the report.

the global economic recovery when it comes. But the survey suggests that execu-

tives appear to be saying the expansion must come first.

THE CANADIAN PRESS

LEGAL NOTICE

CANADA, PROVINCE DE QUÉBEC
DISTRICT DE HULL
NO: 550-22-014605-131

COUR DU QUÉBEC (chambre civile)
MUNICIPALITÉ DE DENHOLM
Demanderesse

C.
PAUL MONETTE
Défendeur

ASSIGNATION (139 C.p.c.)

PAR ORDRE DU TRIBUNAL :
AVIS est donné au défendeur que la demanderesse a déposé au greffe de la Cour du Québec du district de Hull, une requête introductive d'instance. Une copie de cette requête et de l'avis au défendeur ont été laissés à l'intention du défendeur au greffe du tribunal, au palais de justice de Hull, situé au 17 rue Laurier, bureau 0.210. Il est ordonné au défendeur de comparaître dans un délai de 30 jours de la date de la publication de la présente ordonnance.

À défaut de comparaître dans ce délai, un jugement par défaut pourrait être rendu contre vous sans autre avis dès l'expiration de ce délai.

Soyez aussi avisé que la requête introductive d'instance sera présentée pour décision devant le tribunal le 20 août 2013 à 9h00 a.m. en la salle 10 du palais de justice de Hull.

Monique Lefebvre
GREFFIER-ADJOINT

4 juillet 2013
Signé à Gatineau, le

ATTENTION! Canadians Still Buying U.S. REAL ESTATE at UP TO 70% OFF!

FREE SEMINAR

FREE SEMINAR



Canadian Investor and ... **Best Selling Author**
PAUL M. HECHT

AS SEEN IN

thestar.com SUN NATIONAL POST
THE VANCOUVER SUN FINANCIAL POST CALGARY HERALD

SUCCESS Money real estate ZOOMER



"Housing Prices Finally Hit Bottom" – Wall Street Journal 2013 **"Canadian's Are Using Their RRSP's"**

CANADIANS CAN STILL TAKE ADVANTAGE OF THE U.S. MARKET!!!

At this **FREE 2 HOUR SEMINAR**, you'll learn how Canadians can invest safely and successfully in the U.S. and still take advantage of the current market. Unfortunately, time is running out on the **"Perfect Opportunity" for Canadians to Invest!!!** Low property prices, low interest rates, low exchange rates and high rental cash flow have all aligned for the first time in history to make this an opportunity that Canadians can not afford to miss. Condos, houses, investment property, multi-family apartments, retirement homes, foreclosures, cash flow & equity opportunities! **CANINVEST** can show you how. **CANINVEST** are Canadians helping Canadians invest in the U.S. markets for over 20 years!

You'll learn how to find, understand, **profit and create instant cash flow in the 5 Hottest Discount Markets in America!!!** Our experience, strategic alliances, unique financing, exclusive strategies & hidden inventory are just some of the benefits we provide our clients. See how you can profit! No experience required.

PAUL M. HECHT Investor, Best Selling Author & Canadian Real Estate Wealth Magazine's "Ask the Expert"

"I've been investing in real estate for 20 years and teaching other everyday Canadians how to do the same. This is one of the best opportunities I've seen. The CANINVEST team has everything you need."

Wall Street Journal 2013 – **"Inventory Levels are the Lowest in 12 years! ... Time is Running Out"**



PALM CITY, FL
2 bed, 2 bath
On the Water
Sold in 2005 \$157K
\$19,000

MIAMI, FL
1 bed, 1 bath
Minutes to Ocean
2006 Value \$217K
\$25,000

ORLANDO, FL
3 bed, 2 bath
Minutes to Disney
2007 Value \$172K
\$27,000

SARASOTA, FL
FULL TRIPLEX!!!
A/C, Fully Rented,
Great Cash Flow
\$27,700

PHOENIX, AZ
3 bed, 2 bath
Close to Downtown
Price Reduced
\$29,000

LAS VEGAS, NV
3 bed, 1 bath
Close to Everything
2008 Value \$180K
\$34,900

"This is the missing piece to the puzzle" — John S, Calgary

"The information shared is priceless and has changed my future – THANKS!" — T.E., Vancouver

"Do not buy U.S. Real Estate until you attend this." — Alan C., Toronto

JOIN HUNDREDS OF OUR CLIENTS ALREADY INVESTING IN THE U.S. RIGHT NOW!
SEE HOW YOU CAN TAKE ADVANTAGE OF THIS OPPORTUNITY...BEFORE IT'S TOO LATE!



Call right now...
1-800-758-7696 or REGISTER ONLINE

LIMITED SEATING

www.CANINVESTSeminars.com

WED JULY 10th
2pm or 7pm
Best Western
(Kanata)
1876 Robertson Rd

THUR JULY 11th
2pm or 7pm
Embassy Hotel
25 Cartier St

FRI JULY 12th
2pm or 7pm
Southway Hotel
(Airport)
2431 Bank St

SAT JULY 13th
11am or 4pm
Best Western
(Macie's)
1274 Carling Ave



FREE GIFT!

Bring this Coupon to the Event and receive a **FREE: SECRETS to Investing in U.S.A. REAL ESTATE eBook**



GET FREE eBook JUST FOR ATTENDING!

© 2013 CanInvest All Rights Reserved. No properties will be offered at seminar. Seminar is for education purposes only.

THIS EVENT IS FREE AND EVERYONE IS WELCOME! HURRY ... REGISTER NOW!

NARCISSISM? AT THE GYM? OBVI

At 27 years old, I'm finally at a place in my life when I spend more time in sneakers than high heels. Weekends that were once spent partying are now devoted to working off the pounds I put on in my early 20s.

Every Saturday morning I haul myself out of bed to attend a ballet barre fitness class at a studio by my apartment. The hour-long class is filled with impossibly beautiful women, many of whom are trained dancers. I have all the grace of a rhinoceros in comparison to these elegant and toned swans but I figure as long as I keep showing up it's got to count for something.

The instructor, a sculpted goddess who always looks as if she just finished a photo shoot for Shape magazine, insists that everyone watch themselves in the mirrors to ensure proper form and see



SHE SAYS
Jessica Napier
metronews.ca

how our bodies look as we go through the movements.

I have a hard time with this as I've always hated the idea of working out in front of any sort of reflective surface. I associated mirror-gazing with iron-pumping body builders and women who put on a full face of makeup and curl their eyelashes before heading off to their morning pilates class.

But the more I work out, the more I've come to realize that there's something to be said for a little bit of narcissism at the gym. Sure it's vain to admire your body while curling your biceps but hey, isn't the gym the most reasonable place to exercise a bit of vanity?

If you're spending a few hours a week working out, it's not entirely unreasonable to try and look good while doing it. For me, a big part of this means investing in

a good workout wardrobe. I want my clothes to be high performing; but I also want them to look reasonably stylish. I know that most exercise routines could be completed in well-worn sweats; but throwing on an oversized T-shirt just doesn't motivate me to sweat it out nearly as much as a colourful, racer-back tank top.

I've caught some flak for my substantial collection of pastel Nike Frees and \$90 yoga pants — you'd think I signed a sponsorship agreement with my local Lululemon — but it's petty to criticize people for incorporating a little fashion into their fitness routine. I'd rather someone judge me on the number of push-ups I can do in a row, not because you think my outfit is trying too hard.

If you head to the gym on a regular basis to get in shape, gain strength and sculpt your body, then it's not so objectionable to dress up a little and check yourself out every once in a while.



Follow Jessica Napier on
Twitter @MetroSheSays

ZOOM

Pride and fibreglass



DAVID PARRY/PA/THE ASSOCIATED PRESS

Firth immortalized as Mr. Darcy from Pride and Prejudice

It's Colin Firth, but not as we know him. He's 3.7 metres tall and made of fibreglass.

A statue of brooding Mr. Darcy, the character played by Firth in *Pride and Prejudice*, was installed Monday in London's Serpentine lake.

The figure shows Darcy

emerging from the water in a soaked shirt, recreating a scene from the 1995 television adaptation of Jane Austen's novel. The scene helped turn Firth into a sex symbol and is regularly voted among Britain's most memorable TV moments.

One of the sculptors, Toby Crowther, said the work took the lake scene as a starting point but also drew on other depictions of Austen's romantic hero.

The statue, which shows Darcy from the waist up, was placed amid the swans and swimmers in the Hyde Park lake to promote Drama, a new TV channel dedicated to British programs.

It is scheduled to go on display at several locations before being installed in a lake in Lyme Park, northwest England, where the scene was filmed. It will remain there until February.

THE ASSOCIATED PRESS

Viewers have their say

"We did a survey of 2,000 TV viewers and the most iconic moment was Mr. Darcy's emergence from the lake and his meeting with Miss Bennett."

Adrian Wills, general manager of UKTV channel Drama, told U.K. newspaper the Guardian.

Clickbait



HANNAH ZITNER
hannah.zitner@metronews.ca

So you're heading out of town and spent more time preparing your vacation wardrobe than booking your hotels. No

problem. With more hotel help apps and websites around than you can throw a pina colada at, you should be able to find a place to stay faster than you can say "cerveza, por favor."

Lonely Planet:

Known as the budget backpackers' bible, the Lonely Planet's website lets holiday makers of varying budgets find a place to stay from hostel beds to luxury resorts. Just plug in your dates, budget and LP does the rest.

Hotwire:

If you're looking for a five-star room at a one-star price, Hotwire's your site — as long as you don't mind surprises. Hotwire lets you choose the hotel based on the area and

amenities you're looking for, but keeps the hotel name a secret until you've booked.

Booking.com:

Though the site does much the same as many of the other travel sites, booking.com also offers secret deals — kind of hybrid between traditional booking sites and Hotwire-type sites. It also alerts you when a room is the last available room in a hotel (which could just be a ploy to make you stop humming and hawing and book already).



LOVELY PLANET

Twitter

@metropicks asked: Would you smash a stranger's car window to save a dog? How about a child?

@mackaylc: What is the alternative, watching them die? I would definitely smash a window to rescue a child or animal in distress.

@canuckitude: The cost for the stranger to replace a window is nothing compared to the loss of a life. Child or Pet.

@MicheleCrystal: my dad did for a dog when I was little! Still remember it and I def would if I saw one today

@koolkirbs: You can always buy a new window, but the life of a child cannot be replaced.

@howwon: Yes and I would stick around to snap a photo and shame them on the social media network.

Follow @metropicks and take part in our daily poll.

WE WANT TO HEAR FROM YOU: Send us your comments: ottawaleaders@metronews.ca

DVD reviews



Dead Man Down

Director: Niels Arden Oplev

Stars: Colin Farrell, Noomi Rapace, Terrence Howard

•••••

The cautionary adage about weaving tangled webs in the process of deception certainly applies to this overwrought thriller, which topples from the weight of its own contrivances. This U.S. debut by Denmark's Niels Arden Oplev, who directed the original version of *The Girl With the Dragon Tattoo*, sets up a promising scenario of rival revenge seekers, played by Colin Farrell and Noomi Rapace. The premise gets knotted up through a tangle of Dragon Tattoo-style symbols, a surfeit of characters and subplots and a script by J.H. Wyman (*The Mexican*) that inspires snickers and eye rolls. All bets are off when the film resolves itself with the big, dumb explosive showdown.

PETER HOWELL

The Gatekeepers

Director: Dror Moreh

•••••

A monolith crumbles in *The Gatekeepers*, and the sight inspires awe. Israeli documentarian Dror Moreh takes us inside the Shin Bet, his country's internal security service. He shines a spotlight not just on this shadowy operation — its motto is *The Unseen Shield* — but also on the conflicted intentions and mixed emotions of the men who run it. PETER HOWELL



Derek Waters admits he's a 'snob' and said he was hesitant to put the *Drunk History* videos online. But he's glad he did. RICARDO TIRADO

Lots of drinking mixed with a little thinking

Drunk History. What started as a small bit for a comedy act is now an Internet phenom and show on The Comedy Network

NOLAN GAWRON
Metro World News in New York

Drunk History began as a short film for Derek Waters' comedy act, and that's all it was supposed to be.

"Its only intent was to be for a live show I was doing," Waters reminisces. "It was my own show and I was trying to show videos. I figured it was better to make people laugh than to put it online."

But it grew into an Internet sensation picked up by *Funny or Die* and now, seven years later, Waters and co-creator/director Jeremy Konner are bringing their *Drunk History* to The Comedy Network. Waters says his initial reluctance to even put the videos online came from how people used to view Internet comedy.

"It was right when the Internet was being judged by hits over comedy. I'm still a snob, but I was a bigger one back then," he says.

"Nothing really happened until we put it on the Internet and it got on the front page of YouTube and then Jack Black saw it and said, 'I always wanted to be Ben Franklin.' And that was that. You can't really turn down Jack Black. Why would you?"

Gathering comedic friends and notable fans, Waters and Konner film drunken narrators as they tell enthusiastic historic tales warped by inebriation, brought to life by celebrities with truly hilarious results. While it's hard to imagine that the participants are actually that drunk, Waters assures us that everything, even the vomiting, is the result of unscripted excess.

"It's 100 per cent real," says Waters.

"The narrators are completely drunk and the re-enactors are completely sober. We're trying as hard as we can to tell you about history. It just so happens that it's slightly altered."

But Konner says the narrators plan enough in advance that they at least try to get

Drunk on star power

Drunk history airs Tuesdays at 10 p.m. ET/PT on The Comedy Network.

their stories straight. But that never happens.

"We absolutely allow the stories to take their course," he says.

"We go in with a plan and the plan goes out the window immediately. What's been funny and interesting in this process is that people know the story very well. They do the research — which they should — they brush up and read over their books. We think we know how the story is going to go, but no!"

2 SCENE

CLASSIC FILM SERIES

TO CATCH A THIEF

JULY 7, 10 & SELECT LOCATIONS JULY 15

\$6.00
PER TICKET

CINEPLEX

FRONT ROW
CENTRE
EVENTS

Visit Cineplex.com/ClassicFilms for tickets and participating theatres.

Life becomes art becomes viral video

All-American Boy.

Creator of country-rock ballad about unrequited gay love is basking in the video's success

He's a musician without a record label, a card holder without any remaining credit. And the gig that supplies what he calls "food money" may now be in jeopardy.

But after events of the last week, Steve Grand said "I would die a happy man today," and not for the reasons he's suddenly getting attention.

Grand's first music video, for his country-tinged rock ballad All-American Boy, was posted on YouTube last Tuesday. By last night, it had exploded, attracting more than 400,000 total views — nothing for top-charting videos from big-name recording artists, but an impressive figure for one from a complete unknown whose only promotion has been

Internet buzz.

The video cost just \$7,000, a fraction of the major-names' going rate, but it was a fortune to Grand, who came up with the entire budget himself by maxing out his only plastic to tell the video's story.

All-American Boy portrays a young gay man who misreads signals from an apparently straight "all-American" male friend. On a day hanging out with the gang, the two guys and a girl take off in a car. She drives, as the guys sit together in the back, with the straight man, at one point, falling asleep on the gay man's shoulder. Feeling like a third wheel, the girl eventually angrily drives off, leaving the two men to pal around in the woods, where they end up stripping down and going skinny-dipping — even sharing a quick kiss. Ultimately for the straight guy, it was just all in good fun. But for the gay man, it was something much more significant, and he is left dazed, confused and longing.

The story was inspired by one of Grand's own.



Steve Grand, right, and actor Nicholas Alan appear in Grand's music video. THE ASSOCIATED PRESS

"I was a 13-year-old boy (at camp)," noted the 23-year-old singer-songwriter, speaking by phone from his hometown, Chicago. "One of my counselors was warm and strong and

he took an interest in me — not sexually, but as a friend, and it really moved me. I remember leaving with a horrible ache in my heart."

While All-American Boy is

told from the gay man's perspective, Grand said he knew its tale of unrequited love would resonate across lines of sexuality. He's received hundreds of posts on YouTube, Twitter and

Life is Grand?

Steve Grand says that upon discovering he was gay in eighth grade, he told friends, which quickly got back to his parents. They insisted he go to so-called "straight therapy," which he endured for five years. But — surprise — it didn't work. He logged his full freshman year at Belmont University in Nashville, but due to costs, returned to Chicago. His recent employment has run the gamut from modeling to supplying music for Catholic church events, the latter being what he called the "food-money" gig.

Facebook from viewers, both straight and gay, saying they understand such rejection and heartache.

"Like I said, I would die a happy man today," Grand continued. "And it's the first time in my entire life I can say that."

THE ASSOCIATED PRESS

YOU COULD WIN TICKETS TO THE ADVANCE SCREENING OF

FROM THE DIRECTOR OF SAW AND INSIDIOUS

THE CONJURING
BASED ON THE TRUE CASE FILES OF THE WARRENS

JULY 19

VISIT **clubmetro.com** TO ENTER

TO REGISTER AND FOR FULL CONTEST DETAILS VISIT CLUBMETRO.COM

No purchase necessary. Contest open to residents of Canada, excluding Quebec, who have reached the age of majority (18) years of age or older. Odds of winning depend on the number of eligible entries received. Thirty-five (35) Prizes are available to be won, consisting of two tickets to see an advance screening of 'The Conjuring' (approximate retail value \$26). Skill testing question required. Contest closes July 14, 2013 at 11:59PM (EST). To enter and for complete contest rules visit www.clubmetro.com

Kris Jenner. Getting a little help from her friends

Kris Jenner isn't going it alone on her new talk show: Joan Rivers and Sean "Diddy" Combs will be among the co-hosts sharing the stage with Jenner.

The show's producer said Monday that Jenner will be paired with a different co-host for each episode of the daytime show, titled Kris.

Others in the lineup in-

clude Kathie Lee Gifford, Morris Chestnut, NeNe Leakes, Tom Bergeron and Ryan Seacrest, who produces Keeping Up With the Kardashians, which features Jenner and other family members.

Khloe Kardashian-Odom, one of Jenner's daughters, also will be a Kris co-host.

THE ASSOCIATED PRESS



Kris Jenner. GETTY IMAGES

Threads

Yeezus! Kanye's trying his hand at fashion again

Kanye West is true to his track Can't Tell Me Nothing as he silences his fashion critics with a design comeback.

"Yeezus," indeed. The rapper drops a new fashion line with French chic A.P.C.

@APC.FRANCE confirmed the new hook-up over Twitter, stating: "A.P.C. KANYE CAPSULE COLLECTION JULY 14."

It's West's first return to the fashion arena since last year, when his own-label



womenswear collections were widely panned.

Kanye's collaboration with A.P.C. — known for its pared-down Parisian cool — will include jeans, hoodies and T-shirts. The clothing line also features a red "A.P.C. Kanye" tag.

The new father to Kim Kardashian's first child North West responded to

the label's founder with a humble Tweet: "Thank you Jean Touitou for letting me create with you."

And it seems that the catty comments surrounding his womenswear outings haven't put the 36-year-old off high-end fashion, with rumoured plans he'll set up an atelier in Milan.

METRO WORLD NEWS

The Word



@DanielRadcliffe Dear Harry Potter, I'm Gabriel, from Brazil. Your tweet has 2 mistakes: "it has been" and "amazing".



@KimKardashian, you're beautiful. I'm Ana Beatriz from Brazil, I'm 8. Look, you wrote Were, but it's "we're". Kisses.



Hi, @justinbieber! My name is Maria, I'm 9 and I'm a fan from Brazil. Watch out: it's "we're here" not "we here". :)

#Adorable: Brazilian kiddies kick celeb spelling butt on Twitter

JULIA FURLAN
Metro World News

The scourge of bad grammar on the Internet often begins

with the people with the most visibility. From Rihanna to Miley Cyrus, misspelled words, slang and general grammar mistakes are more or less the norm — but one Brazilian English language school is seeking to change that.

The English school Red Balloon, which has schools all over Brazil, is encouraging its young students to reach out to their idols on Twitter, correcting their grammar and spelling. Tweets like "@danielradcliffe Hi Harry Pot-

ter, I'm Gabriel from Brazil. Your tweet has 2 mistakes in it: 'It has been' and 'amazing' are often accompanied by photos of the kids looking as adorable as the entire endeavour is.

Whether anyone is actually going to pay attention to spelling and grammar on Twitter, of course, remains to be seen. Until then, the #celebgrammarcops are at it, though they have yet to get any celeb replies, and celebrities have yet to take the grammar lesson to heart. Clearly,

Part of me: Mayer ain't afraid to croon about Katy

John Mayer is apparently done being shy about his feelings for Katy Perry. Before launching into the romantic tune a Face to Call Home during the

kick-off of his summer tour in Milwaukee, Mayer offered an extended dedication to his on-again, off-again girlfriend, saying she is "more incredible

than I ever thought," according to a fan's YouTube video of the concert. Mayer recounted how Perry was by his side while he recuperated from throat surgery in Montana. "She would order for me ... and she would tell people, 'it's nice to meet you, he says,'" Mayer explained. "She was so patient as to continue to get to know me and love me."



John Mayer GETTY IMAGES

Twitter



@Real_Liam_Payne
Can't even begin to remember who won bowling... Or why I'm awake???



@zaynmalik1D
Think I'm gonna have some weatabix with a banana now



@NiallOfficial
last night Louis made me rolly poly the whole way up the stage! regretting it! Back is destroyed in scratches and bruises from the stage

METRO DISH

OUR TAKE ON THE WORLD OF CELEBRITIES



Actor Chris Pratt shows off his surprisingly fit physique. CHRIS PRATT/INSTAGRAM.

Andy Dwyer, is that you? Pratt's new pack makes us thankful for Instagram

Chris Pratt, who plays lovable small-town slacker Andy on Parks and Recreation, seemed to be getting into method acting this year — Andy got tubbie and tubbier as the season wore on.

Turns out it wasn't because of April's awesome cooking: Pratt was bulking up for a role in Delivery Man. But his next role will be a superhero in Guardians of the Galaxy, which requires him to bulk up in a different way, and as his Instagram account proves, he's been changing his lifestyle accordingly (and very successfully).

"Six months no beer.

#GOTG Kinda douchey to post this but my brother made me," the actor captioned the above proud selfie. Pratt's brother deserves the praise of a grateful nation.

Pratt and his wife Anna Faris are the parents of one-year-old Jack Pratt. Not a lot of fanfare was made about baby Jack's somewhat premature appearance on Aug. 25 of last year. Instead of appearing on any magazine covers to showboat the news, Pratt tweeted this message to his followers, "It's a boy! Thanks for all your kind words. In lieu of gifts we ask that you mouth kiss a stranger."

Is Jen pasting on a false pre-nuptial face?



Justin Theroux and Jennifer Aniston GETTY IMAGES

Jennifer Aniston and Justin Theroux stepped out together for the first time in a month amid rumours that their engagement has hit an impasse, with wedding plans reportedly on hold, according to Us Weekly. The couple — who were engaged a year ago — looked chipper enough while they went out to do some shopping in Beverly Hills on Sunday, but sources say Aniston may be putting on a brave face. "She has been cranky from the stress" of wedding planning and home renovations, a source says. "Justin's never seen her like this."

PANDORA
UNFORGETTABLE MOMENTS

U.S. Pat. No. 7,087,302 • © 2013 Pandora Jewelry, LLC • All rights reserved • PANDORA.NET

Free Gift with Purchase • July 8-15
Receive a PANDORA single strand leather bracelet (a \$50 USD retail value) with your PANDORA purchase of \$150 or more.*

*Before taxes. Good while supplies last. Limit one per customer. Charms shown on bracelet are sold separately. See our store for details.

WESTBORO
430 Richmond Rd.
613.686.3989

THE GLEBE
799 Bank St.
613.233.2065

magpie
jewellery

www.magpiejewellery.com

Canadians may revel in the splendours of summer — hot-weather clothing and open-toe footwear, trips to the lake or seaside, and the no-fuss joy of outdoor cooking on the grill. But those lazy days of summer also come with a slew of health hazards, from bug bites and burns to sore feet and serious injuries. Here are five of those summer stresses and how to avoid them.

THE CANADIAN PRESS



Lawn mower mishaps

It seems like a simple idea — turn on the mower and cut the grass. But each year, thousands of North Americans are injured performing this gardening task, sometimes seriously. From 1990 to 2006, 1,161 Canadians went to hospital emergency departments with lawn mower-related injuries, with roughly half of them aged 14 and under, statistics gathered by the Canadian Hospitals Injury Reporting and Prevention Program show.



BBQ boo-boos

There are few things that say summer like throwing steaks or burgers on the barbie. Yet backyard grillers need to remember it's the food they want to sizzle, not themselves. Most serious burns occur either because the chef lit the outdoor grill incorrectly or used the wrong fuel, doctors say. Whatever you're cooking the use of long-handled tongs to turn the food also will help prevent searing skin or worse.

5

warm weather pitfalls

Scorching sunburn

Nasty sunburns are a common injury in the summer. With a first-degree sunburn, soothing creams such as those containing aloe vera can help, as can cold compresses. And the person should keep themselves well-hydrated with water or other non-alcoholic beverages. But with more severe burns that cause persistent redness, pain, blistering and peeling, seek medical attention.



Foot foibles

Getting out of heavy winter boots and shoes and into open-toed and heeled footwear that makes tootsies feel cool and light. But wearing flip-flops or sandals can create unexpected problems. Thin soles can put the wearer at risk for cuts or punctures from walking over sharp objects like nails or broken glass. More often, such warm-weather apparel can lead to painful, achy feet, legs and back. Problems in the feet caused by unsupportive footwear like flip-flops can transfer to other body parts.



Bug bites

While warm weather gets people outside, it also brings out the blood-sucking mosquitoes — and potentially stinging bees and wasps. As with sunburn, prevention is the best medicine when it comes to insect bites. Also, covering exposed skin with sprays or other topical products containing DEET can also discourage the little biters, as can getting rid of standing water around the home.



613-230-7475

2nd Level
Rideau CentreSTRESS FREE AND
CARING DENTISTRY
NOW ACCEPTING
NEW PATIENTS

Aesthetic, Implant & Family Dentistry Since 1983

Check out our weekly blog at www.rideaudental.ca

This week:

Why is homecare so important for the health of your gums?

THE GREATEST
CLUB SINCE
"SANDWICH"JOIN CLUB METRO TODAY!
CLUBMETRO.COM

Getting personal is key to selecting the right trainer

Fitness. Don't be afraid to ask lots of questions before signing up with a personal trainer that is right for you

Choosing a personal trainer is a lot like choosing a mate — you need someone loyal, communicative and caring. Here are some tips to help select the best one for you:

Be honest

Just like you should be honest with your physician, you should also be honest with your personal trainer — about your health and fitness goals, your health and exercise history, as well as your likes and dislikes. It is this information, along with your trainer's expertise and experience, that will assist them in



Trust is most important when selecting a personal trainer. ISTOCK PHOTOS

developing a customized program for you.

Make sure your personalities mesh

Your training sessions should be something that you look forward to, and having a trainer that you can connect with is crucial. "Interviewing" a potential trainer during the initial

training or assessment session is a great way to see if you have the right chemistry. And don't be afraid to shop around until you find it. It's so important that you work with a trainer that you feel you can trust — one who truly understands you, listens and makes each and every training session all about you.

Seek out someone committed to their education

Find a trainer who is dedicated to lifelong learning. A trainer who keeps up to date with the latest trends, the newest advances in scientific research and who also stays abreast of the most practical ways to truly engage and connect with a client demonstrates their commitment to being able to deliver the best programming and, subsequently, the best results to their clients.

Don't be afraid to ask questions

One of the telltale signs of a good trainer is someone who doesn't just give you a workout, but someone who makes each workout a fun and educational fitness experience. Tap into the wealth of knowledge that your trainer has by asking him/her questions along the way.

METRO/AMERICAN COUNCIL ON EXERCISE

Best Health

Paddle into summer's new fad sport



BEST HEALTH MINUTE
Bonnie Munday
Editor-in-chief
Best Health Magazine

Ever been tempted to try standup paddleboarding? Well, hop on board this summer. It's all the rage and it's great for the core muscles. In the summer issue of Best Health we feature an article on three women who got hooked on it. We also talked to experts about how to get started. Here are some tips to get you going:

Start with a lesson

A one- to two-hour session (usually \$35 to \$75) will cover the basics. And while it's a fairly low-risk sport, learning the correct form means you're less likely to hurt your shoulders or neck while you paddle. Go to paddlingcanada.com to find a certified instructor and a



Go paddleboarding. ISTOCK PHOTOS

list of classes.

What to wear

Most people prefer bare feet and a swimsuit, although in cold waters you might want extra clothing and sometimes even a wetsuit.

Cost

A new, entry-level board ranges from \$800 to \$1,000, while the paddle is \$70 and up. They're available at major sporting goods retailers. Or, rent equipment for much less.

TO CLAIM YOUR FREE COPY OF A FUTURE ISSUE OF BEST HEALTH MAGAZINE, GO TO BESTHEALTHMAG.CA/METRONEWS.

OTTAWA 2013
duathlon
ITU World Championships
UIT Championnats du Monde

OPEN TO ALL!

The ITU Duathlon World Championships will be in Ottawa on August 10, and you can compete in the Open Duathlon race on the same course!

Register before July 15 to get a discounted rate of \$99!

Or join the Sens Shuffle 5km charity run on August 10, and a portion of the \$55 entry fee goes to support the Sens Foundation.

Register today!
www.ottawaduathlon.com

Hurry! Early-bird pricing ends July 15!

OTTAWA
Trojan Inc
duathlon.org

Why Hide Your Legs?

VARICOSE VEINS
Painful veins on your legs?
Good news: NO Surgery! Ultrasound-guided injections treat large varicose veins.

SPIDER VEINS
Spider veins on your legs or face?
Get rid of them with simple injections.

Dr. Lucie Beaupré
American Board of Phlebology Certified

OTTAWA
1335 Carling Ave.
Suite 600
(613) 722-0101

GATINEAU
500 Boulevard de L'Hôpital
Suite 102
(819) 561-0561

DR. BEAUPRÉ VEIN/VARICES CLINIQUE

www.drbeaupreveinclinic.com

Calling all herbivores! This grilled dish is just for you

Grilled Tofu with Maple-Soy Glaze



This recipe serves four. ROSE REISMAN



ROSE REISMAN
for more, visit
rosereisman.com or follow
her on twitter @rosereisman

Grilled tofu with a tasty Asian sauce is a great vegetarian substitute for protein.

Be sure to purchase the firm tofu so it doesn't break apart.

If the sauce gets too thick just reheat it gently or add a little more maple syrup.

1. Cut the tofu into six equal squares.
2. Lightly coat a nonstick skillet with cooking spray and set over medium-high heat. Sauté the tofu for 4 minutes per side or until lightly browned. Place

Nutritional analysis

Per serving: 115 calories, 7 g protein, 15 g carbohydrates, 0.3 g fibre, 3.6 total fat, 434 mg sodium

on a serving dish and keep warm.

3. To make the glaze, combine the soy sauce, maple syrup and cornstarch in a small saucepan. Whisk together until the cornstarch dissolves. Bring to a boil, then reduce the heat to low and whisk constantly for 2 minutes or until slightly thickened.

4. Pour over tofu and garnish with sesame seeds and cilantro.

Ingredients

- 1 12 oz package firm tofu
- 3 tbsp low-sodium soy sauce
- 3 tbsp maple syrup
- 2 tsp cornstarch
- 1 tsp sesame seeds
- 3 tbsp chopped cilantro

Health Solutions

Become a grill champion



NUTRI-BITES
Theresa Albert
DHN, RNCPT
myfriendinfood.com

You really ought to know the difference between barbecuing and grilling — if only so you can be pompous and pedantic at your next party. The differences involve time and temperature: grilling uses high heat and a quick cook, while barbecuing is low and slow and often with charcoal rather than gas. Most of us are pressed for time and that means we grill.

Mastering grilling

- Preheat your grill to maximum to heat the grate fully. It doesn't matter what the temperature gauge says, you want your food to hit a red-hot

surface so it doesn't stick and it does caramelize quickly.

- Clean, scrape and oil your grill after and before each use. Old food burns and leaves a bitter taste, not to mention potential bacteria.

- Chicken benefits from a quick warm up in the microwave before grilling to ensure that it doesn't dry out before it is cooked through.

- Fish does well on foil or a grill pan that can go straight to the table so you don't leave half of the delicate flesh on the grill.

- Steak does better with a quick marinade or rub, but no salt. Salt draws moisture from the flesh.

When's dinner? **THERESA ALBERT IS A FOOD COMMUNICATIONS SPECIALIST AND PRIVATE**

NUTRITIONIST IN

TORONTO.

SHE IS @

THER-

ESAAL-

BERT ON

TWIT-

TER AND

FOUND DAILY

AT MYFRIENDINFOOD.COM



Dinner. Avocado Linguine



NICOLE MACPHERSON
YummyMummyClub.ca

Sometimes on a rainy summer day, I get a craving for comfort food. What could be more comforting than a big bowl of pasta with cream sauce? The problem is that cream sauce leaves me feeling heavy and bloated. The solution? A sauce made from avocado that delivers the creaminess I am craving, in addition to the vitamins, fibre, potassium and good fats my body is craving.

1. Prepare linguine according to package directions.

2. While linguine is cooking, combine avocado, lemon, garlic, and olive oil in a food pro-

cessor until smooth.

3. Drain cooked linguine and return to pot. Toss linguine with avocado sauce.

4. Serve topped with sliced sun-dried tomatoes and pine nuts.

YUMMYMUMMYCLUB.CA IS AN ONLINE RESOURCE TO HELP WOMEN SURVIVE MOTHERHOOD.

Ingredients

- 3 cups cooked linguine
- 1 avocado
- 2 tbsp lemon juice
- 1 clove garlic, crushed
- 2 tsp olive oil
- 3-5 oil-packed sun-dried tomatoes, sliced
- 2 tbsp pine nuts

Ingredients

- 1 cup (250 ml) dried chickpeas
- 1 small onion, diced
- 2 cloves garlic, minced
- 1/4 cup (60 ml) chopped fresh parsley
- 1 tbsp (15 ml) lemon juice
- 2 tsp (10 ml) ground cumin and ground coriander
- 1 1/2 tsp (7 ml) each salt, baking powder and paprika
- 1/4 tsp (1 ml) cayenne pepper
- 1/3 cup (75 ml) chickpea flour or all-purpose flour
- 1 cup (250 ml) cooked and cooled U.S. brown rice
- 1/2 cup (125 ml) vegetable oil (approx)

Lemon Tahini Sauce

- 1/2 cup (125 ml) tahini
- 6 tbsp (90 ml) lemon juice
- 1/4 tsp (1 ml) each salt, pepper and ground cumin
- 6 tbsp (90 ml) water

To Assemble

- 5 pita breads
- 2 or 3 tomatoes, thinly sliced
- half cucumber, thinly sliced
- 1/3 cup (75 ml) finely diced red onion (optional)

1. In large bowl, pour enough cold water over chickpeas to cover by 2 inches (5 cm); let stand for at least 4 hours, or overnight. Drain well.

2. In food processor, coarsely chop chickpeas, onion, garlic, parsley, lemon juice, cumin, coriander, salt, baking powder, paprika and cayenne, stopping to scrape down sides once or twice. Add flour until blended, about 5 seconds. Add rice, pulsing just until incorporated, with some grains remaining. Let stand for 30 minutes, or cover and refrigerate for up to 12 hours.

3. Pour enough oil in heavy-bottomed skillet to come 1/4 inch (5 mm) up side of pan; heat over medium heat. Shape mixture by heaping tablespoonfuls into balls; flatten to 1/2-inch (1 cm) thickness. In batches, fry falafel patties, turning once, until golden brown and cooked through, about 5 minutes. Transfer to paper towel-lined plate to drain. Transfer to baking tray and keep warm in 200 F (100 C) oven while cooking remaining patties.



This recipe makes 30 pieces. RICEINFO.COM

4. Lemon Tahini Sauce: In small bowl, whisk tahini with lemon juice, salt, pepper and cumin until smooth. Whisk in enough water to make pourable sauce.

5. Cut each pita in half; open to form pocket. Stuff each with 3 falafel patties, plus some tomatoes and cucumber. Drizzle with lemon tahini sauce; sprinkle with red onion, if using. **RICEINFO.COM**



It can be fun to see your bank account grow from all your hard work picking strawberries. ISTOCK IMAGES

Ain't no rest for the children, cuz money don't grow on trees



YOUR MONEY
Alison Griffiths
money@metronews.ca

With luck, you have a working kid in the household this summer. An income is a wonderful thing when you're young. Whether it comes from mowing grass for neighbours, walking dogs, babysitting or even a lemonade stand, earned money is different than an allowance bestowed by mom and dad.

What youngsters do with those first job dollars can lay down a lifetime pattern of saving and spending.

Let kids make mistakes, by all means. I blew my first dollars earned picking strawberries on candy to feed a voracious sweet tooth. But soon I realized that saving was quite a pleasurable experience.

Kids usually love to see their

money grow in a piggy bank or a real bank. However, parents should also guide their spending. Saving involves not doing something, i.e. spending. On the other hand, spending is all about doing, i.e. buying.

Most people focus on saving as a key first financial lesson. But I find that children respond better, and learn more, by becoming smart spenders. Making the decision to buy this and not that hones a whole different set of skills than simply stashing money.

In fact, smart spending actually leads to saving as children quickly learn that if they want awesome Thunder trucks and an Almost deck for their skateboarding passion, they have to save. The easiest way to teach good spending habits without being heavy-handed is to pose this question: "How do you want to spend your summer money?"

Simply initiating the conversation makes a child feel responsible and, indeed, powerful. This all-important question raises all kinds of possibilities. Often youngsters don't differentiate between what they want now and what they might want later.

Parents can seed their thoughts on spending by bringing the future into focus — summer or winter holidays, a big school trip or a visit to grandparents. All might entail spending — which means saving now.

Instead of divvying up summer money in the classic way of spend, save, share, concentrate on allotting it to spending. Short, medium and long-term saving will flow naturally out of this.

Contact Alison at griffiths.alison@gmail.com or alisongriffiths.ca



Give kids an active (not idle) summer

With another school year in the books, Lyne Proulx is working to help ensure her son's summer down time will be more active than idle.

Proulx, from Ottawa, said her 14-year-old, Mathieu, will be helping at his grandfather's farm as well as exploring potential volunteer activities. Mathieu will likely attend day camp, as he did last summer, where he enjoyed a range of fun-filled activities. But Proulx said it won't dominate his vacation time.

"He's 14. He's not going to want to go all summer," said Proulx, founder and editor of the Ottawa Mommy Club, a moms and kids online magazine. "We do little getaways. Every week there's something planned." Proulx has had support from fellow parents, noting that when the kids were in the nine-to-11 age range, adults who were free on particular weeks would take turns rounding up the youngsters for an activity. For parents of kids who may be too young for a job or are seeking an activity that's an addition or alternative to camp this summer, here are three ways to keep them engaged.

Take on a project

Summer can be prime time to have kids tackle a new, creative challenge — and one that's a team effort. Bunch Family founder Rebecca Brown, whose website is devoted to arts, news and culture for parents, said she's heard of families who team three or four kids to take on a collective project, which could involve working on coding or creating an art installation. "It provides some structure for kids to spend their summer pursuing things that they're passionate about as a group," said Brown, a mother of two. Parents who may be lacking in technical skills or expertise needn't worry: there are plenty of kid-targeted offerings to help guide youngsters keen to try their hand at computer programming. Scratch is a project of the Lifelong Kindergarten Group at the Massachusetts Institute of Technology (MIT) Media Lab. Provided free, it's designed for kids aged eight to 16, allowing them to program interactive stories, games and animations they can then share online. Meanwhile, the Hopscotch app offers kids an introduction to programming, permitting them to create games and animations.



Get hooked on books

Got a bookworm in the family? Brown said parents can help create some structure around their child's love of reading by crafting a summer challenge, such as aiming to finish reading a designated number of books during their vacation. Regardless of whether or not kids are avid readers, there are ways to transform this typically solitary activity into an engaging group effort. The B.C.-based Teen Reading Club (TeenRC) lets youngsters convene online to share views on a vast range of books from classic to contemporary fare, post reviews and comments and share creative projects inspired by their favourite reads.



Lend your time

GetInvolved.ca aims to help simplify the process for youngsters on the hunt for volunteer opportunities by allowing applicants to narrow potential postings based on areas of interest and skill set. According to the site, summer is prime recruitment time for events-based opportunities, and individuals can also pursue virtual volunteering opportunities.

The Nature Conservancy of Canada encourages individuals to share how Canada's natural places inspire them by using creative outlets such as writing or artwork. People of all ages can sign up to be roving reporters, submitting newspaper-style articles, non-fiction stories, photo essays and blog posts highlighting the work of conservation volunteers. "Not everyone can make it out into the field, but we think that encouraging people to have a positive experience related to nature is really a great thing," said Lisa McLaughlin, manager of conservation compliance with the Nature Conservancy of Canada. "This is just one more way for people to be engaged."

THE CANADIAN PRESS



Mysterious Jays: It's all right, it's all right ... it's not all right

On edge in T.O. Highly touted club has looked both like a contender and a bottom feeder through first half of 2013

The Toronto Blue Jays have been at their inconsistent best this season.

The optimism that surrounded the team at the start of the year was nearly snuffed out by a terrible start. An 11-game winning streak brought some relief, but the 43-45 Jays are hovering near the .500 mark and need a second-half surge to get in the playoff mix in the AL East.

There have been some big disappointments and some intriguing surprises.

Starting point



"It all starts on the mound with our starting rotation. If

they pitch good, we've got a shot."

Jays manager John Gibbons

The starting rotation has struggled more often than not. The bullpen — thought to be a soft point at the start of the year — has been dominant.

Sluggers Edwin Encarnacion and Jose Bautista are posting big numbers again but too many weak points remain in the lineup. First baseman Adam Lind is enjoying a bounceback year and shortstop Jose Reyes has impressed with the bat and the glove.

Injuries have taken a big toll and forced manager John Gibbons to be creative.

So is this the squad that was among the worst in the majors to start the season? Or is it the one that looked as if it couldn't be stopped last month?

It's hard to tell.

"Well, that little run we made in the last few weeks — we're resilient, we could have disappeared," Gibbons said in a recent interview. "It would have been easy to really just disappear, but they didn't do that. They show up to play every day and that's all we can ask for."

The rotation looked so deep in early April but the performances have been so uneven.

R.A. Dickey has only shown flashes of his Cy Young form. Josh Johnson dealt with injuries and has yet to get on track.

Mark Buehrle soaks up in-



Jose Bautista, left, and Jose Reyes — unlike the Jays' starting rotation — have lived up to expectations on the field so far in 2013. CHRIS YOUNG/THE CANADIAN PRESS

nings but often allows a lot of runs. Brandon Morrow was mediocre before going down with a forearm injury and J.A. Happ saw limited action before taking a liner off the head and

injuring his knee.

But Gibbons remains optimistic that his team can still move up the division standings.

"We've got to play better than we did in the first half but

I expect us to stay in this thing," he said. "But we've got to be solid. We've got to get really good starting pitching and we've got to swing the bats."

THE CANADIAN PRESS



The Senators have signed defenceman Joe Corvo. THE ASSOCIATED PRESS

Sens recruit Joe the journeyman

The Ottawa Senators continued the process of restocking their blue-line by signing defenceman Joe Corvo to a one-year deal.

Corvo, 36, returns to the Senators after playing for the Washington Capitals, Carolina Hurricanes and Boston Bruins. He was previously with Ottawa in 2006-07 and 2007-08 and was on the Senators team that went

to the Stanley Cup final.

The Senators acquired right-winger Bobby Ryan from the Anaheim Ducks last week as part of an effort to replace captain Daniel Alfredsson. On the blue-line, Ottawa must make up for the loss of veteran Sergei Gonchar, who was traded to the Dallas Stars.

"What Joe brings is a veteran defenceman that has a

1-year deal
\$900K

Defenceman Joe Corvo's deal with Ottawa is reportedly worth \$900,000US

history of scoring points in the (NHL)," general manager Bryan Murray said. "He's a veteran

guy that can play on the power play, can shoot the puck well, address some of the needs that are needed in the league today where you have to get points from your back end, and he's one of those people that can provide it."

Corvo had six goals and 11 assists in 40 games for the Hurricanes last season.

THE CANADIAN PRESS

NFL

Ryan battles bulls during Jets' break

Rex Ryan spent part of his summer vacation running from angry bulls.

The New York Jets coach joined thrill-seekers on Sunday and Monday in the annual running of the bulls at the San Fermin festival in Pamplona, Spain.

THE ASSOCIATED PRESS



New York Jets head coach Rex Ryan
GETTY IMAGES FILE

Hockey Hall of Fame

Lamoriello hopeful this is Burns' year

Lou Lamoriello gets chills at the suggestion that Pat Burns could be inducted into the Hockey Hall of Fame some three years after his death.

"He loved the game, was very successful at what he did," the New Jersey Devils general manager said of the late head coach. "I would be

just ecstatic if Pat went in."

The 2013 class will be announced Tuesday, and Burns is one of a few borderline candidates again, joining the likes of two-time Stanley Cup-winning Philadelphia Flyers coach Fred Shero and Hart Trophy-winner Eric Lindros. A couple of the best defencemen of the 1990s — Chris Chelios and Scott Niedermayer — are favoured to get in, but after that it's up for debate. THE CANADIAN PRESS

NHL



"There's still times that you can go out and get a hit and get big hits that are clean."

Forward Matt Cooke, saying he wants to shed his dirty-player image with his new team, the Minnesota Wild.

Horoscopes

Aries

March 21 - April 20

What you have to do today will only be a chore if you think of it as a chore. Remember too that although your head may be full of big ideas, it's taking care of the little things that makes a difference.

Taurus

April 21 - May 21

You may be a bit old-fashioned in some things but in others you are light years ahead of everyone else and what you dream up today could make you a fortune tomorrow.

Gemini

May 22 - June 21

If you are happy with the direction your life is moving that's great. If, however, you think there is a better route to where you want to go then maybe you should make changes. Think about it today.

Cancer

June 22 - July 23

The planet Mercury rules reason and common sense but as it is currently moving retrograde through your sign it's quite likely that your thinking is a bit mixed up.

Leo

July 24 - Aug. 23

Yesterday's new moon gave your confidence a boost but there is still a lot of hard work to be done before your number one dream can come true. Remember you live in the real world, not a dream world.

Virgo

Aug. 24 - Sept. 23

Over the next few days you will notice an improvement in your affairs, at home and at work. Today though you will have to deal with someone who rubs you the wrong way.

Libra

Sept. 24 - Oct. 23

Be nice to people today but don't go too far or they may see it as a sign of weakness. On the work front especially, you need to look and sound as if you know what you are doing.

Scorpio

Oct. 24 - Nov. 22

There is no point getting involved in a fight you are unlikely to win. It's all about percentages: If the odds are stacked against you then why waste time and energy trying to improve them? Move on.

Sagittarius

Nov. 23 - Dec. 21

The planets warn this is not a good day to take chances with money. Mercury's deceptive influence will encourage you to take a risk that could end in disaster. Steer clear.

Capricorn

Dec. 22 - Jan. 20

What starts out as a simple conversation could quickly degenerate into a severe disagreement, but now you know that you will resist the urge to tell people why they are wrong and you are right.

Aquarius

Jan. 21 - Feb. 19

You may have checked the facts of a situation already but check them again. Today's Sun-Mercury link makes it easy to overlook something small that is of huge importance.

Pisces

Feb. 20 - March 20

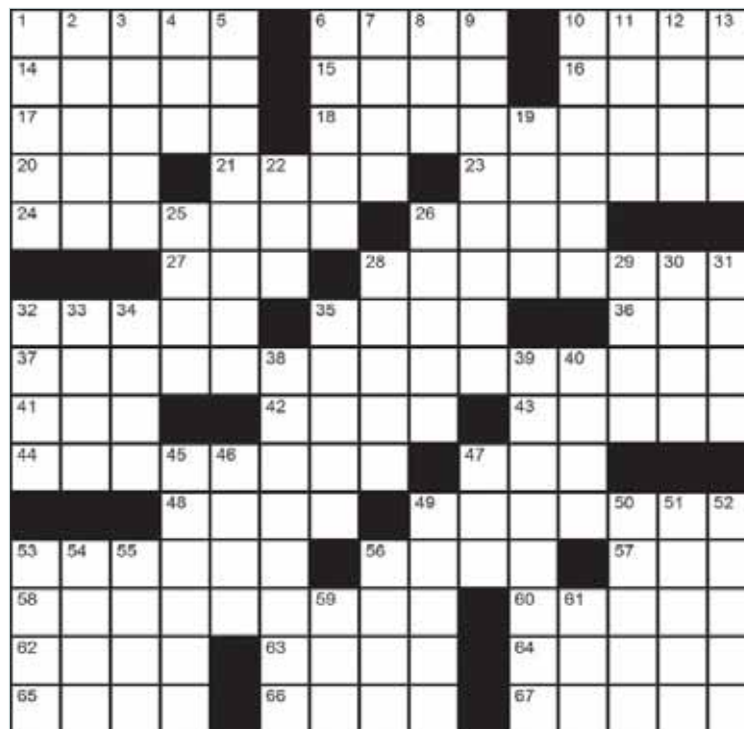
The good news just keeps on coming! What you hear today will cheer you up but if you are smart you will realize it is not quite as amazing as some people claim.

SALLY BROMPTON

Crossword: Canada Across and Down

Across

- Wedding gown neckline, ___-catcher
- Wagon
- The Dalai ___
- Exterior
- Repenter
- Santa ___ (Hot winds)
- Change ___ prince (Be the fairy tale frog, do this)
- Winnipeg Blue Bombers home, ___ Group Field
- Whopper
- Biblical verb
- Have ___ (Show mercy)
- Military+rank signifiers
- Our version of the CIA
- Elton John's title
- RCMP officers
- Own up to
- Luxury label
- Eggs, Latin-style
- 'The Godfather of Canadian Hip-Hop': 3 wds.
- Hockey great Bobby
- Klutzes
- Suppress
- Cowboy hats
- Merriment
- Let up
- Nickname of the Toronto Argonauts
- Declare
- Wheat ___
- Whitesnake hit: "Here ___ Again"



- Governor General of Canada from 2005 to 2010, ___ Jean
- Rankin __, Nunavut
- Sister on "Charmed"
- Origin
- Spicy sauce
- ___ orders, as on

- menus
- Some sandwiches
- Big name in hotels
- Down
1. Springs
- Put the machine to use: 2 wds.
- Speak
- ___ periculo (At my own risk, in Latin)

- Actor in Shania Twain's "That Don't Impress Me Much": 2 wds.
- Illusionist Mr. Angel
- Uncle's wife
- Increase, with Up
- Pirate's hoard
- Most recent

- Old World buffalo
- Dave ___ (1965 PGA Championship winner)
- Legal drama job, ___ DA
- Knee-to-ankle midpoint
- Poet's 'over'
- Egyptian goddess

- Beer brand, ___ Light
- Annoys
- Des Moines' state
- Pre-day nights
- Beauty pageant contestant's accessory
- Book of ___ (Old Testament book)
- Pub game prop
- Mother: French
- Halifax-born singer, Melanie ___
- Alarm clocks on farms
- BC community called the 'Outdoor Recreation Capital of Canada'
- Actress, Helen ___
- Small chuckle
- Cake make, ___ Lee
- Pro
- Red veggies
- Ms. Jovovich of movies
- Discharge
- ___ home (Out)
- Rocker's speakers
- iPhone's voice-activated helper
- Gulf War missile
- Clump
- Mr. Ferrigno
- Yea's opposite

Yesterday's Crossword



Sudoku

How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved.

Yesterday's Sudoku

1	3	7	8	9	6	4	2	5
2	5	8	1	3	4	7	6	9
6	4	9	2	5	7	3	8	1
4	1	5	9	8	3	2	7	6
3	9	2	7	6	1	5	4	8
8	7	6	4	2	5	9	1	3
9	8	1	5	4	2	6	3	7
5	6	4	3	7	8	1	9	2
7	2	3	6	1	9	8	5	4

1		8		2		4	7	
	7	6						
				4				3
5		4	1					
8			6		2			5
				7	2			4
9					4			
						3	5	
	6	2		5		8		1

Today

29°/20°

Thundershowers

60%

Wednesday

28°/16°

Thunderstorms

70%

Know what the weather will be 14 days from now.

Check the 14 day trend.

©The Weather Network 2013

visit metronews.ca

metro

QuestChat

NORTH AMERICA'S BIGGEST CHAT LINE

FREE TRIAL

613.232.4444

Other Cities 1.888.482.8282

Dial #CHAT(87428) 39/min

Text "QUEST" to 96669 \$5/10min

Free trial not applicable on #CHAT

questchat.com

1-800-444-4444

18+ RESTRICTIONS APPLY

How do I become a Dentist ?

Explore what you want to be
and how to get there.



Visit **CareerBear.com** to learn more